

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

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The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM,

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes balance and body weight exercise. Some seated some standing, for weight bearing-important, for bone strength.

Coffee & Muffins

Mondays at 10:00 AM

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!

Meat Bingo Game

WE WILL NOT BE HAVING MEAT BINGO DURING THE WINTER, WE WILL RESUME IN APRIL

Freetown Senior Birthday Party

On Thursday, March 14th, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Lasagna by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, March 7th

Cyd's Lunch: Tuesday at 11:30 AM

March 19th-Corned Beef

RSVP and \$7.00 due by March 12th

Tea Time!

Enjoy a tantalizing variety of teas, sweets and savory tidbits. Bring warm lively conversation to your creatively embellished table. Thursday, March 28th at 11:00 AM, Please RSVP by Thursday, March 21st



AARP Income Tax Service

We will have representatives from AARP at the COA to help seniors with their taxes on Wednesdays and Thursdays, starting at 8:30 AM. Please call the COA for an appointment and further information.

Identity Theft Protection

Over \$16 billion a year is stolen from over 15.4 million U.S. consumers, making identity theft the fastest growing crime in the U.S. Do you know how to minimize the chances of ID theft – and what to do if you're a victim?

The New Bedford Local Consumer Program will be offering a free informational session at the Freetown Council on Aging at 11am on Monday, April 8, 2019. A Local Consumer staff member will give a short presentation on Identity Theft and the steps you should take if you believe you have been the victim of ID Theft. The New Bedford Local Consumer Program works in cooperation with the Office of the Attorney General to provide free mediation services and consumer information for residents of Acushnet, Assonet, Attleboro, Berkley, Dighton, Dartmouth, Fairhaven, Freetown, Lakeville, Marion, Mattapoisett, Middleboro, New Bedford, North Attleboro, Norton, Onset, Raynham, Rehoboth, Rochester, Seekonk, Somerset, Swansea, Taunton, Wareham, Westport and Wrentham. For more information on the Local Consumer Program, please call us at (508) 979-1693.

*Submitted by Cheryl A. Duclos, Mediator
New Bedford Community Services*

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

SHINE Counselor

Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone
Please call their regional office at 508-222-1399 for an appointment and/or any questions.

Senator and Representatives

Representative Paul Schmid will be here Monday, March 4th, from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, March 27th from 9:30 AM to 11:30 AM
Representative Carole Fiola will be here Monday, April 1st, from 10:00 AM to 11:00 AM

Seated Massage

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

Pool Table

Mondays, 9:00 AM

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

NO BINGO MARCH 5TH

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play.

Painting Class

Painting...Drawing...Mixed Media...Art Classes
Wednesdays, 9:00 AM to 11:30 AM.
Artists of all abilities and interests are welcome!
Come and give it a try...it's never too late to learn some new tricks!

Submitted by Betty Ashley

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, March 14th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, March 27th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursday, March 7th at 1:00 PM

Yoga

Fridays, 10:00 AM, using a mat
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables
Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Monday, April 8th, at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Brown Bag" Program

Wednesday, March 27th

From 10:30 AM to 12:00 PM

At the front of the building

"Brown Bag" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,872 per month
2 people	\$2,538 per month
3 people	\$3,204 per month
4 people	\$3,870 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.



Compassionate Care Hospice
VOLUNTEERS NEEDED!!!

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call Lori at Lakeville COA-508-947-7224.

March 13, 2019, Wednesday-\$25PP, Foxwoods

March 20, 2019, Wednesday-\$89PP, "Lone Star Love Potion" at Newport Playhouse

April 8, 2019, Monday-\$89PP, Best of Boston

May 1, 2019, Wednesday-\$57PP, Red Sox

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.

UP TO: \$35,510 \$46,437 \$57,363 \$68,289

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

****GOLD**SILVER**PLATINUM****

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Thursday, March 14th, from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.



USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
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ADDRESS SERVICE REQUESTED

PRESORT STD.
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ROCHESTER, MA 02770

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Country Travelers Trips in 2018

April 10-12, 2019: Turning Stone Resort Casino, Verona, NY, \$290 Double, \$450 Single, details closer to trip

April 27, 2019: Day trip to New York City \$50.00 PP
Details closer to trip.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. All prices quoted include drivers' gratuity as well as step on tour guides, provided on some trips. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889 Schedule subject to changes and modifications
Submitted by Judy Emond

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

Director's Note

If you have not applied for fuel assistance, please check the income guidelines on page five. You may qualify. We are still filling out paperwork. You can apply up to April.



VFW Post #6643 Breakfasts in March

On Sundays, starting March 3rd, the Freetown VFW at 89 Middleboro Road, East Freetown, will be having breakfast starting at 8:00 AM to 10:30 AM.

Price is \$8.00 per person

Submitted By Bruce Wilbur

